

Toasted Cheese and Tomato Sandwich

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Sandwiches, F-09

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white bread, sliced (at least 0.9 oz each)		24 slices		48 slices	1. On half-sheet pans (1 3" x 18" x 1") which have been lightly coated with pan release spray, place half the bread slices 6 per pan. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
OR		OR		OR	
Enriched wheat bread, sliced (at least 0.9 oz each)		24 slices		48 slices	
Reduced fat processed American cheese, sliced, 1 oz slices	1 lb 8 oz	24 slices (1 oz each)	3 lb	48 slices (1 oz each)	2. Top each slice of bread with 1 oz (1 slice) of cheese, 1 ½ oz (1 slice) of tomato, and another 1 oz (1 slice) of cheese. Cover with remaining bread slices.
*Fresh tomatoes, 1 3/4 oz slices	1 lb 5 oz	12 slices (1 3/4 oz each)	2 lb 10 oz	24 slices (1 3/4 oz each)	
					3. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes CCP: Hold for hot service at 135° F or higher.
					4. Cut each sandwich in half diagonally. Serve

5. Portion is 1/2 sandwich.

Notes
<p>* See Marketing Guide</p> <p>Special Tip: Sandwiches may be garnished with fresh apple slices, carrot chips, cucumber slices, or broccoli florets.</p>

Marketing Guide		
Food as Purchased for	24 Servings	24 Servings
Tomatoes	1 lb 9 oz	3 lb 2 oz

Serving	Yield	Volume
½ sandwich provides 1 oz of cheese, ? cup of vegetable, and 1 slice of bread.	24 Servings: 24 half sandwiches	
	48 Servings: 48 half sandwiches	

Nutrients Per Serving					
Calories	195	Saturated Fat	6 g	Iron	1 mg
Protein	9 g	Cholesterol	27 mg	Calcium	210 mg
Carbohydrate	17 g	Vitamin A	498 IU	Sodium	575 mg
Total Fat	10 g	Vitamin C	5 mg	Dietary Fiber	1 g